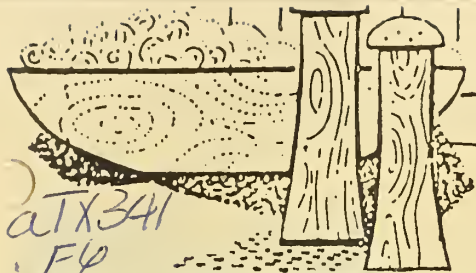


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Food and Home Notes

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- New Yearbook of Agriculture

Preserves contain larger or whole pieces of fruit in sirup of medium to thick consistency. The tender fruit retains its original size, shape, flavor, and color, according to USDA home economists.

* * *

In some quick breads it is the steam that leavens the mixture. Popovers are an example. Popover batter contains more liquid than most batters.

* * *

There is a difference in how yeast should be stored. Dry yeast may be stored for several months in a dry, cool place. But, compressed yeast is perishable and should be stored in the refrigerator and used within a week.

* * *

If you're planning on doing any kind of baking---Be sure to follow directions exactly when you mix ingredients. Overmixing can result in a poor texture with large holes and tunnels.

* * *

Whole grain breads and cereals provide bulk in your diet.

U.S.D.A. 1977 Yearbook Off Press

"GARDENING FOR FOOD AND FUN"



7869

USDA 2921-77

ON GROWING HERBS

Interested in growing your own herbs? A chapter on Flavor, Fragrances, Fun in Gardens, Pots, In Shade and In Sun tells the many methods of enjoying an herb garden from propagating by seeds, cuttings, layerings, and divisions. Don't forget that bees, lady bugs, praying mantis and many other insects are friends in the herb garden as they either pollinate plants or destroy insect enemies. Herbs are peculiarly resistant to most insects and diseases---a fact few of us know.



When do you harvest herbs? And can you freeze them? The Yearbook tells it all. Herbs belong in different classes according to their life span--annual, tender and hardy. Don't plan an herb garden until you learn the basic rules. But--an herb garden requires whatever space and time you can allot--and, herbs can give much pleasure---and profit, if you grow them yourself.

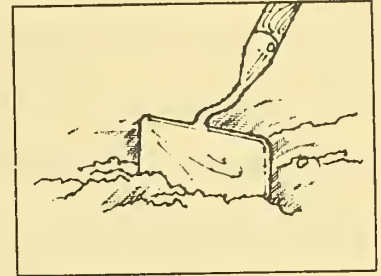
AT HOME - PROCESSING



HOME GARDENING

--- FOR EVERYONE....FOR FOOD AND FUN

"Gardening for Food and Fun" is the title of the new Yearbook of Agriculture. The 400 page book is divided into four sections: "Introduction to Gardening", "Home Garden Vegetables", "Fruits and Nuts", and "Home Food Preservation". It's a practical guide for gardening buffs--regardless of how proficient they might be in tending the soil.



The real "How-to" of Gardening is explained to the novice starting with "How Plants Grow" to understanding "Pest Management...". A Gardener's Glossary will be invaluable to those of us who are not endowed with the "green thumb" but who still want to grasp some knowledge in the Gardener's world.

How much do you know about aphids? The Yearbook says these plant lice can stunt plant growth by sucking plant juices and transmitting virus diseases. Corn earworm feeds on corn, tomatoes, and many other plants, including vegetable soybeans. Ladybugs are helpful in the garden--they aid in controlling aphids.

No gardening space? Think again--actually you can have a productive garden in a very small area of only 10 by 15 feet. Or---you can have your garden in the windowsill or on the balcony.

Want to consider planting some frost-tolerant crops? Consider "Cole" crops--cabbage, cauliflower, brussels sprouts, broccoli, and kohlrabi. They can grow in a wide range of soils. They are popular in many parts of the country. Kohlrabi is also known as "stem turnip" and can be eaten fresh or boiled or even added to soups and stews. It can be planted in the spring, but usually it is best to wait until fall (or winter in the South) after fresh-tender vegetables are gone.

(con't page 4)

HOME GARDENING (CON'T)

Home canning of fruits and vegetables is increasing in popularity as a method of food preservation. While canning is not a difficult technique, it is extremely important to follow tested, reliable instructions to avoid spoilage and food poisoning. The "Day-After" (within 24 hours) check on the jars you have used is one of the best checks you can have after processing. Always remember--if food even appears to be spoiled, foams, or has an off-color during heating, destroy it!

This new Yearbook, written by specialists in a wide variety of fields, also has 32 pages of color photos and 171 photos in black and white. A copy of the Yearbook may be purchased at government bookstores for \$6.50 or may be obtained by sending a check or money order for that amount to the Superintendent of Documents, U.S. Govt. Printing Office, Washington, D.C. 20402. Stock number 001-000-03679-3. Each member of Congress has a limited number of books for free distribution.

Working Press: A copy of the Yearbook for review or feature purposes may be obtained by writing to the Editor of Food and Home Notes.



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